



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03213, Babyfood, cookies

Report Date: June 24, 2017 23:58 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Carbohydrate Factor: 4.1 Fat Factor: 8.4 Protein Factor:4 Nitrogen to Protein Conversion Factor:5.7

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cookie 6.5g
Proximates						
Water	g	5.90	7	0.700	1.67	0.38
Energy	kcal	433	--	--	123	28
Energy	kJ	1812	--	--	514	118
Protein	g	11.80	11	0.200	3.35	0.77
Total lipid (fat)	g	13.20	8	0.300	3.74	0.86
Ash	g	2.00	7	0.200	0.57	0.13
Carbohydrate, by difference	g	67.10	--	--	19.02	4.36
Fiber, total dietary	g	0.2	--	--	0.1	0.0
Sugars, total	g	24.20	--	--	6.86	1.57
Minerals						
Calcium, Ca	mg	101	11	4.000	29	7
Iron, Fe	mg	4.18	5	0.600	1.19	0.27
Magnesium, Mg	mg	49	2	--	14	3
Phosphorus, P	mg	179	2	--	51	12
Potassium, K	mg	501	2	--	142	33
Sodium, Na	mg	300	--	--	85	20
Zinc, Zn	mg	1.10	2	--	0.31	0.07
Copper, Cu	mg	0.074	--	--	0.021	0.005
Manganese, Mn	mg	0.348	--	--	0.099	0.023
Selenium, Se	µg	17.2	--	--	4.9	1.1
Vitamins						
Vitamin C, total ascorbic acid	mg	7.0	4	0.000	2.0	0.5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cookie 6.5g
Thiamin	mg	1.459	4	0.000	0.414	0.095
Riboflavin	mg	3.229	4	0.000	0.915	0.210
Niacin	mg	15.966	5	0.797	4.526	1.038
Pantothenic acid	mg	0.529	--	--	0.150	0.034
Vitamin B-6	mg	5.899	11	0.286	1.672	0.383
Folate, total	µg	93	--	--	26	6
Folic acid	µg	74	--	--	21	5
Folate, food	µg	19	--	--	5	1
Folate, DFE	µg	145	--	--	41	9
Choline, total	mg	28.3	--	--	8.0	1.8
Vitamin B-12	µg	0.46	--	--	0.13	0.03
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	6	--	--	2	0
Retinol	µg	6	--	--	2	0
Carotene, beta	µg	1	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	23	--	--	7	1
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	9	--	--	3	1
Vitamin E (alpha-tocopherol)	mg	0.46	--	--	0.13	0.03
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	1.1	--	--	0.3	0.1
Lipids						
Fatty acids, total saturated	g	2.352	--	--	0.667	0.153
4:0	g	0.081	--	--	0.023	0.005
6:0	g	0.022	--	--	0.006	0.001
8:0	g	0.025	--	--	0.007	0.002
10:0	g	0.055	--	--	0.016	0.004
12:0	g	0.057	--	--	0.016	0.004

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cookie 6.5g
14:0	g	0.267	--	--	0.076	0.017
15:0	g	0.000	--	--	0.000	0.000
16:0	g	1.142	--	--	0.324	0.074
17:0	g	0.003	--	--	0.001	0.000
18:0	g	0.595	--	--	0.169	0.039
20:0	g	0.027	--	--	0.008	0.002
22:0	g	0.077	--	--	0.022	0.005
Fatty acids, total monounsaturated	g	5.990	--	--	1.698	0.389
16:1 undifferentiated	g	0.119	--	--	0.034	0.008
18:1 undifferentiated	g	5.851	--	--	1.659	0.380
20:1	g	0.019	--	--	0.005	0.001
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	2.878	--	--	0.816	0.187
18:2 undifferentiated	g	2.847	--	--	0.807	0.185
18:3 undifferentiated	g	0.031	--	--	0.009	0.002
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.020	--	--	0.006	0.001
Cholesterol	mg	12	--	--	3	1

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0